

City of Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

Pickleball 55+ FREE DEMO – Monday, October 1



10-11 AM at the Crystal Community Center, 4800 Douglas Drive N

Pickleball is described as a combination of ping pong, tennis and badminton. Pickleball uses a plastic ball and a paddle and is played on a court roughly half the size of a tennis court. Equipment provided. Gym shoes required. Call to register by September 24.

Open Pickleball 55+, Mondays October 8,15,22,29

10 AM-12 PM at the Crystal Community Center, 4800 Douglas Drive N

The cities of Crystal and Golden Valley are offering Pickleball at the Crystal Community Center. This is not a league...come when you can....just drop in.... with no advanced registration. Gym shoes are required. \$2.00 each week

Navigating Medicare – Monday, October 8, 6:30-8:30 PM at Brookview



Thinking of or getting ready to retire? Already have Medicare and just want to know what is going on? We will discuss Medicare Parts A, B and D coverages. The class is educational, not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Minimum: 6/Maximum 30. \$10 includes instructor fee, class materials and refreshments. NOTE: couples may share materials and pay only one fee. Last day to register or cancel: October 1

Code: 11546

Joy of Painting® the Bob Ross® Method Thursday, October 18, 1:00-4:30 PM



With the *Bob Ross Wet-on-Wet Technique®* masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½-hours you will bring home a **fall** landscape ready to frame. Painting displayed in senior room. Taught

by certified instructor, Kittie Swanson. \$60/residents, \$65/non-residents includes all materials. Register by October 8.

Stories of the Autumn Sky—Tuesday, October 23, Golden Valley Library



6:15 PM Refreshments/6:30 PM Speaker. The fall sky is full of birds and animals - and not just the migrating ones here on Earth. We'll take a trip through the stars of the fall sky and find the Swan, the Eagle, and a flying horse. We'll also see a tiny dolphin and a huge dragon (Draco - Harry Potter fans take note!). On a human scale, we'll look at two love stories - one an adventure with an (unusual) happy ending, and one whose ending is "up in the air." We'll dig into the history and mythology behind the patterns and find some sense in their placement. Kids and grandkids (ages 8+) are welcome to attend. Presented by Bill Arden, MS, Augsburg College.

Medicare Advantage/Medicare Part D Presentation – Wednesday, October 31, 10 AM



The Annual Enrollment Period for Medicare Advantage and Drug Plans is October 15-December 7, with selections effective on January 1, 2013. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The class is an unbiased educational

opportunity, not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Register by October 26

December Events

HOLIDAY TEA



**Monday, December 10
1:00 PM**

Be entertained by the *Ho Ho Holiday Show*, a fast-paced program with lots of music, holiday comedy and Christmas message! Audiences are laughing out loud at Kevin Doely's life-like vent figures and puppets. Kevin has been entertaining audiences for many years with a blend of comedy, storytelling, music, and audience participation! Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Register with Golden Valley Seniors by Wednesday, December 5

Cost: \$7. Code: 11545

HOLIDAY CONCERT



Thurs, Dec. 6

Crystal Community Center
4800 Douglas Drive North

7:00 PM Refreshments

Enjoy a 7:30PM holiday band concert and sing-a-long with the Robbinsdale City Band. Donation for refreshments

Vision Loss Resources - TH, December 6



1:00 PM at Calvary Cooperative

Have you been diagnosed with Macular Degeneration, Glaucoma, Cataracts, or lost vision from a stroke? Vision Loss Resources offers help with appliance marking, books on tape, 411 exemption, volunteer readers and shoppers, support groups, and living skills classes for people who are blind or visually impaired to learn safe cooking techniques, how to thread a needle or knit by feel, write checks and more to keep you independent and involved in the activities you enjoy! All of the services are free and they do not sell anything. *Presented by Renee Youngberg, Vision Loss Resources.*

STAR OF BETHLEHEM



**Saturday, December 8
1:00 PM
Golden Valley Library**

The story of the Star of Bethlehem has inspired writers, artists and astronomers for many years. This presentation explores the night sky as it appeared at that time and suggests that the Wise Men may actually have seen something extraordinary in their nightly observations. We will tie the Bible, recorded history and modern astronomy together to try to solve this age-old mystery. Register by Dec. 5. Presented by Bill Arden, Associate Professor, Augsburg College. Program is for ages 8 and older.

Greatest Christmas Pageant Ever and Poinsettia Display at Como Park



Fri, Dec. 7

When the angel of the Lord speaks, people listen. Especially when that angel is Gladys, the youngest, meanest and bitey-est of the Herdman crew. Revel in the yuletide chaos as church ladies, firefighters, and even the Herdmans discover the true meaning of Christmas. Following lunch at Fabulous Fern's there will be a stop at Como Park Conservatory to view the annual Poinsettia Exhibit.

9:00AM Bus leaves Golden Valley City Hall/3:00PM Approximate Return

Fee: \$10 includes Theater ticket, Como Zoo exhibit and escort. 5 City Special Destination fare applies. Lunch cost/purchases are on your own.

Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.

Last day to register or cancel: November 2

OCTOBER SPEAKERS

Palliative Care – TH, October 4

1:00-2:00PM at Calvary Coop



Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stresses of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Learn what Palliative Care is, how/when to request this medical care and how it differs from Hospice Care. *Presented by Karen Lawrence, Matrix Advocare Network.*

Boost Your Brain Power – TH, Oct 18

10-11 AM at Brookview



As we age, our body and brain functioning naturally declines. But with proper training, we can prevent, or at least postpone, its deterioration. Our brain is radically adaptable if we train it properly, like we do our bodies. This workshop, from Janus Labs, provides the critical components of brain health and training, as well as a program that can be applied to everyday life. *Presented by Jeannine L. Strand, CFP®, Financial Advisor, Ameriprise Financial.*

Social Networking – Wed, October 24

9:45-11 AM at Brookview



Keeping in contact with our kids and grandkids is more than phoning each other. Facebook, Skype, Texting and Twitter are the new methods of staying in touch. We'll have a short overview of each method with time for questions and answers. *Presented by Adam Knauer, Information Technology Technician, City of Golden Valley.* Call the office to register by October 22. \$2, payable at the door, includes refreshments.

Find us on the web!



www.goldenvalleymn.gov/recreation

NOVEMBER SPEAKERS

"Addressing the Diabetes Epidemic"

Thursday, November 1

1:00-2:30 PM at Calvary Coop



Information on types of diabetes as well as prediabetes, risk factors, the American Diabetes

Association as a resource, and how you can fight diabetes will be *presented by Alex Antell*, Co-Coordinator of Operation Diabetes and coordinator of pharmacy students speaking for the American Diabetes Association's Speakers Bureau.

iSold It on eBay – TH, November 15

10-11 AM at Brookview



Do you wonder if Grandpa's banjo, that you have been keeping, is worth anything?

iSold It is the #1 chain of drop-off stores in the country and the top seller on eBay. As owners of a small business they are committed to assisting individuals, businesses and fundraising organizations get top dollar by selling their items online. Find out about eBay and the process of selling on eBay. *Presented by Debra Kavanagh, iSold It, Edina.*

Santa Flunks Retirement

Wednesday, November 28

9:45-11:15AM at Brookview



Start the holiday season with a good laugh. Santa wants to retire because he feels everyone is buying their Christmas presents on the internet and they no longer need him. Meet the gang who is trying to talk him out of it with

humorous results. Presented by "Players in the Groove", a troupe of seniors that perform for seniors.

Call the office to register by Nov. 26. \$2, payable at the door, includes refreshments and entertainment.

Thank you to **Golden Valley Rehab & Care Center** for their treat donations to keep our programs affordable for you.



Groups, Blood Pressure Check, Happy Feet Clinics

Open Insurance & Medicare Answers



It is very important that you re-view your medical insurance information each year. Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price. Now is the time to look at your health insurance plan and meet with Marsha, our insurance counselor. She is here to aid you in your selection process.
Thursday, October 11
Thursday, November 8
Thursday, December 13
Appointments: 9:00, 10:00 or 11:00 AM.
Call to make an appointment.

FREE BLOOD PRESSURE CHECK

Wednesday, October 24
Wednesday, November 28
No screening in December



11:00-11:30 AM
Brookview Community Center
No appointment needed! Provided by
Ambassador Care Center staff.

Remember When?...with Jan



1:00 p.m.
Dover Hills Apartments
2400 Rhode Island Ave. N

*Thursday, October 25 – Remembering
Favorite Games*

*Thursday, November 29 – Remembering
Holiday Cards and Letters*

No registration needed-just come!

GOLDEN TONES



Calvary Church Music Room,
7520 Golden Valley Road

Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life!

Happy Feet Foot Care Clinic

763-560-5136



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Tuesday, October 9 & 16
Tuesday, November 13 & 20
Tuesday, December 11 & 18

Fee: \$32. Payable to Happy Feet Footcare, Inc. and due at time of service

Cards & Groups

Mondays with Mary:

Mondays, 9:30AM

Bridge:

Thursdays, 6:30PM

Fridays, 9:00AM

Cribbage—Tuesdays, 1PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1PM

500—Wednesdays, 1PM

Jigsaw Puzzle during Center hours

All groups meet at Brookview. Join us.



Painting and Exercise Classes

Joy of Painting® the Bob Ross® Method

Thursday, October 18

1:00-4:30 PM



All you need is the desire to make beautiful things happen on canvas.

With the *Bob Ross Wet-on-Wet*

Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½-hours you will bring home a **fall** landscape ready to frame. Painting displayed in senior room. Taught by certified instructor, Kittie Swanson. \$60/residents, \$65/non-residents includes all materials.

Register by October 8. Code:11547

Joy of Painting® the Bob Ross® Method

Tuesday, November 13

1:00-4:30 PM



In 3½-hours you will bring home a **winter** landscape ready to frame.

Painting displayed in senior room. Taught by certified instructor, Kittie Swanson. \$60/residents, \$65/non-residents includes all materials.

Register by November 2. Code:11548

ENHANCE FITNESS

Mondays & Wednesdays

11:30 AM-12:30 PM



Enhance Fitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. See the results!

October 29-December 5

CODE: 11554

\$30 residents/\$35 non-residents

FREE to U Care members. NOTE: U Care ID Number required when registering.

TAI CHI for HEALTH & ARTHRITIS-BASIC

Tuesday, Oct 30-Dec 18

8:30-9:40 AM



No class November 6

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

\$45/Resident, \$50/Non-resident

Code 11121

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON

Tuesday, Oct 30-Dec 18

9:45-10:45 AM



No class November 6

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey. Taught by Certified Instructor Marie Mathay and endorsed by the Arthritis Foundation. Wear comfy clothes.

\$45/Resident, \$50/Non-resident

Code: 11558

Current session information:

Tuesday, Sept 11-October 23

TAI CHI for HEALTH & ARTHRITIS - ENHANCEMENT

Thursday, Nov 1-Dec 20

8:30-9:30 AM



No class November 22

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class. Instructor: Marie Mathay.

\$35/resident, \$40/non-resident

Code: 11551

The Mary Wanderers One Day Trips

Trempeleau County, WI-TH, October 4

7:30 AM Bus leaves City Hall/Calvary

Return @ 6:45 PM

Christmas at Mayowood



Tuesday, November 13

Arrive at the Olmstead County Historical Center for a brief introduction with refreshments before driving to the former residence of Drs. Charles H. & Charles W. Mayo. Over 20 rooms have been "adopted" and decorated by area merchants and residents. Notice the Steinway Grand Piano, a 1914 player pipe organ, a Ker-man pattern Persian rug, and leaded stained glass doors and windows. NOTE: There is **not** an elevator to the 2nd floor. Our 1:00PM lunch will be at the Hubbell House in Mantorville. **State choice at registration.** Choice of: Sirloin Steak, salad, potato, vegetable, rolls, beverage and sherbet. (Optional choice is Baked Chicken) before returning home. *\$57 includes refreshments, Mayowood entrance, lunch, motorcoach and escort 7:45 a.m. Bus leaves City Hall and Calvary/ Return @ 4:30 p.m.*

Last day to register or cancel: October 22
Code: 11079

Fall Colors on the Mississippi River

October 15-17. Packets mailed October 1.

New Ulm Holiday – Fri, December 14



So many things to see and so little time - the New Ulm Visitor's Center for coffee and treats, the Brown County Museum for the Tannenbaum walk

and Menzel Christmas Village enjoyed with Hot German Gluhwein and a guide, the Glockenspiel Musical Clock Tower for the noon performance with a Nativity scene, Veigel's Kaiserhoff Restaurant for lunch and gingerbread cookie, the Wanda Gag home, and a Victorian Tea at the John Lind House.

State menu choice when registering:

- 1) Bratwurst & Landjaeger with German potato salad, sauerkraut, roll, beverage or
- 1) Grilled chicken filet, rice pilaf, green beans, roll, beverage.

\$75 includes refreshments, guide, tours, lunch, Victorian Tea, motorcoach and escort 7:40 AM Bus leaves City Hall/Calvary Return @ 6:15 PM

Last day to register or cancel: November 26
Code: 11101

Perfect Wedding—Old Log Theater Thursday, November 15



The afternoon starts with lunch and then off to the theater for a story about a man who wakes up on the morning of his wedding with a dreadful hangover, a bump on his head and a stranger in his bed. This sets off a chain of comic disasters—Old Log style! A nonstop, delirious comedy and touching love story.

State menu choice when registering:

Chicken Breast, Smoked Pork Chop, Walleye Pike, Beef Stroganoff, Vegetarian Lasagna. All entrees include Salad, Cheesy Scalloped Potatoes, Vegetable, Dinner Roll.

\$49 includes lunch, coffee/tea, theater ticket, transportation and escort.

11:30 AM Bus leaves City Hall/Calvary Coop Return @ 4:15 PM

Last day to register or cancel: October 31
Code: 11082

Bye Bye Birdie - Chanhassen Theater Wed, January 9, 2013



When Elvis-like rock & roll star Conrad Birdie is about to be inducted into the Army,

the teen nation is united by a national publicity contest where Birdie will bid a teenage girl goodbye with an all-American kiss live on the *Ed Sullivan Show*. Kim MacAfee of Sweet Apple, Ohio wins the honor and all the telephones in her town are ringing off the hook. When Birdie arrives in Sweet Apple people of all ages begin to swoon and the entire town is reeling. Enjoy hits like: "Put On A Happy Face," and "Kids." Before the show enjoy lunch and coffee/tea from the matinee menu. *\$70 includes lunch, main theater reserved seating, transportation and escort.*

11:00 AM Bus leaves City Hall/Calvary Return @ 5:00 PM

Last day to register or cancel: December 10
Code: 11581

Extended Trip Information

Bayfield, WI, Old Rittenhouse Inn, Holiday Dinner Concert-December 4-5



\$330 per person (2 per room)/\$365 per person (1 per room)

CODE 11189

Includes: Deluxe coach transportation, Lodging for 1 night, Meals as indicated by [C-coffee, B-breakfast, L-lunch, D-dinner], Attractions as outlined, Gratuities on included meals and attractions, escort, Mary Odell.

Deadline: \$100 per person by Monday, October 15.

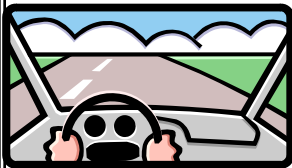
NOTE: After October 15, payments are not refundable. Final Payment Due: October 29, 2012.

December 4: Coffee stop, light lunch in Ashland, WI, tour of Murals in downtown Ashland, Bayfield shopping. Check into Bayfield's new Legendary Waters Hotel, on the shores of Lake Superior with a restaurant, indoor swimming pool, fitness center, with a casino adjacent to the hotel. Five-course dinner at the Old Rittenhouse Inn Wassail Dinner Concert. (The word Wassail once meant a special holiday non-alcoholic drink) with festive holiday music by the Rittenhouse Chamber Singers. [C,L,D]

December 5: Light breakfast at the Legendary Waters Hotel, riding tour of Bayfield, with a local guide. Conclude the tour at Le Chateau Boutin, a sprawling lakefront home built in 1908. Enjoy lunch and bid adieu to this unique area. Enjoy the carefree ride home with a quick snack stop (on your own). Return to Golden Valley at approximately 5:00 p.m. [B,L]

Defensive Driving & GV Library Programs Information

Defensive Driving Course—4-HOUR COURSE



Thursday, October 11
Thursday, November 8
Thursday, December 13
9 AM-1 PM
\$17/person

8-HOUR COURSE

Tuesday, October 16 & 23
6-10 PM

\$18/person

Register with MN Safety Council

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

Register through the MN Safety Council. Register by mail (make checks payable to "Minnesota Safety Council") and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location or by phone with a Visa or MasterCard, **651-291-9150**. Have your driver's license information handy to complete registration.

GOLDEN VALLEY LIBRARY PROGRAM



First Pages for Adults: Writing Your Life
Saturday, November 3
11:00AM-12:30PM
830 Winnetka Avenue North

Try your hand at writing exercises that will spark your memory and tell your story. A great way to leave your memories for family members. Presented by The Loft Literary Center. Registration begins October 6. Call 612-543-6390 or register online at <http://www.hclib.org>

GOLDEN VALLEY LIBRARY PROGRAM

Art for Life: Silk Scarf, Banner or Hoop Painting



Friday, November 9

1:00-3:00 PM

830 Winnetka Avenue North

For adults 55+. Learn a variety of methods for painting on silk. Experiment with a new tie-dye technique and batik-painting. Materials provided. Registration begins October 12. Call 612-543-6390 or register online at <http://www.hclib.org/pub/events>

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.

Pre-registration required for all trips. Home pick-ups available on a limited basis.

If you have a reservation & cannot attend, please inform the Five Cities office.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28.

Pay the driver with cash or check made payable to "Prism"

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass.

No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information.

A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

T, Oct 23—David Fong's. Reservations begin Oct 1

T, Nov 27—Olympia Café. Reservations begin Nov 1

No outing in December

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents—do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more. Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

"Tornado Alley" at the Science Museum – T, Oct. 16



Tornado Alley will take you on an epic chase through the "severe weather capital of the world." The film follows Storm Chasers star Sean Casey and the scientists of VORTEX2, the largest tornado-research project ever assembled, on separate missions to encounter one of Earth's most awe-inspiring events—the birth of a tornado. **Cost:** \$15 includes museum admission & exhibit, Omnitheatre film, coffee break and escort. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed up to the deadline date and are subject to a \$5 service fee.*

9:30 AM Bus leaves Golden Valley City Hall/3:00 PM Depart for home. Last day to register/cancel: Oct. 1

Landmark Center Concert—TH, November 8



Enjoy the concert and then have lunch at Anita's Cafe at the Landmark Center (on your own). Special destination fare applies. Register with 5 Cities by November 1.

11:00 AM Bus leaves Golden Valley City Hall/2:30 PM approximate return

"The Greatest Christmas Pageant Ever" and Poinsettia Exhibit at Como Park - December 7, 2012.

SEE PAGE 3 for information.

Russian Museum of Art—TH, January 10, 2013



Take a guided tour through **two** exhibits: *Discovering 20th Century Russian Masters: Nicolai Fechin*. This 20th century Russian-American artist is renowned as much for his impressionistic scenes of the American southwest as for his Russian roots. *Cast Icons: Preserving Sacred Traditions*. This exhibition presents over 60 religious images and crosses made from various copper alloys and decorated with multicolor enamel and gilt. Following the museum, we will have lunch at a local restaurant known for their homemade soups, sandwiches and desserts (on your own). **Cost:** \$11 includes museum admission and escort. *Special*

Destination fare of \$8 applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed up to the deadline date and are subject to a \$5 service fee.

9:30 AM Bus leaves Golden Valley City Hall/1:15 PM Depart for home.

Last day to register/cancel: December 27, 2012



For Your Information

ANNUAL SPAGHETTI DINNER & SILENT AUCTION



Thursday, October 4 from 4:30-7PM

Good Samaritan Ambassador
8100 Medicine Lake Rd.

\$10/person. Take out available. Proceeds to enhance outdoor living spaces for the residents.

It's More Than Just A Ride!



5 Cities Transportation
763-531-1259

Available for your grocery and shopping needs, the bus will pick you up at your apartment or home, if you live in Golden Valley, to go to: Cub Foods—Wednesday, Wal-Mart – 2nd Tuesday, Target – 4th Friday, and other destinations.

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "Prism."

PRISM Express—763-529-1252

is the curb-to-curb bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. Fares are based on income. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

HOME—952-746-4046



This program matches skilled workers (paid and volunteer) with those who need help with lawn mowing, raking, snow shoveling, cleaning windows, house cleaning and minor repairs.

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME North—952-746-4046

LinkVet Hotline—1-888-546-5838

PRISM Express—763-529-1252

Senior Dining at Calvary Church—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

CANCELLATION/REFUND POLICY



All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks & Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program or after the deadline date.

AUGSBURG COLLEGE OF THE THIRD AGE PRESENTS:

SAT, Oct. 20—The Common Good. Are we still looking out for our neighbors? How do we define community, and what are we doing to support that community? Join us for an exchange of ideas about the disappearing commitment to inclusive and fair public policy. Can these changes in policy be reversed and should they?

T, Nov 6—Why Do we Love to Hate Politicians? Why do Americans love democracy, but continue to hate the people they elect to run the country? An analysis of why our elected office holders behave in ways which make us regard them with disdain, if not contempt.

T, Nov 20—Women in Minnesota Government/Politics.

Are women making a difference? We will share some stories about past and present pioneers and path-makers in Minnesota's political history. Learn about some well-known and some unsung heroines.

Augsburg College Faculty, current and retired, are the presenters. Always interesting and thought-provoking.

Hosted by: Parkshore Senior Community Assisted Living
3633 Park Center Blvd

St. Louis Park, MN 55416

Community Room – Lower Level

2:30-3:30 p.m.

FREE! No reservations needed



FREE COMMUNITY MEAL

Calvary Church Gym, 7520 Golden Valley Rd

"Come. Meet. Eat." is the slogan

5:30-6:30PM Every Tuesday evening.

No reservations needed

OLD FASHIONED FESTIVAL—SAT, Nov 3



9AM-2PM

Calvary Coop, 7600 Golden Valley Rd

Household and Christmas Crafts

Bake Sale

Lunch for Sale

Complimentary Coffee and Cookies



**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

**PRSRT STD
US Postage
PAID
Permit 1659
Twin Cities MN**

Golden Valley Registration Form—2012

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

() Cash () Check # _____
(Checks payable to: City of Golden Valley)
() VISA () MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____

GC \$ _____

Fee Paid: _____

Date: _____

Rec'd By: _____